



The Empathy Index

A Your Answer	B How You Think Your Partner Answered
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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. How comfortable are you with your physical appearance?
(Very Uncomfortable) 1-2-3-4-(5)-6-7-8-9 (Very Comfortable) | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you (or would you) feel awkward or uncomfortable if
(your partner) watches you bathe or get dressed?
(I do not like it) 1-2-3-4-(5)-6-7-8-9 (Absolutely okay) | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. How physically fit do you consider yourself?
(Not fit at all) 1-2-3-4-(5)-6-7-8-9 (Very fit) | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. How willing are you to change your behavior to improve
your health?
(Not very) 1-2-3-4-(5)-6-7-8-9 (Very) | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. How much effort do you expend to maintain your health?
(Very little) 1-2-3-4-(5)-6-7-8-9 (A lot) | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Generally, do you make an effort to eat nutritious foods?
(No) 1-2-3-4-(5)-6-7-8-9 (Yes) | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Is alcohol consumption by you a problem in your
relationship?
(Not at all) 1-2-3-4-(5)-6-7-8-9 (Very much) | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. If you are home in bed with the flu, how much help and
attention do you want from (your partner)?
(None) 1-2-3-4-(5)-6-7-8-9 (Massive amounts) | <input type="checkbox"/> | <input type="checkbox"/> |

FIG.2

<i>The Empathy Index</i>	C Your Answer	D How You Think Your Partner Answered
1. How comfortable are you with your physical appearance? (Very Uncomfortable) 1-2-3-4-(5)-6-7-8-9 (Very Comfortable)	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you (or would you) feel awkward or uncomfortable if (your partner) watches you bathe or get dressed? (I do not like it) 1-2-3-4-(5)-6-7-8-9 (Absolutely okay)	<input type="checkbox"/>	<input type="checkbox"/>
3. How physically fit do you consider yourself? (Not fit at all) 1-2-3-4-(5)-6-7-8-9 (Very fit)	<input type="checkbox"/>	<input type="checkbox"/>
4. How willing are you to change your behavior to improve your health? (Not very) 1-2-3-4-(5)-6-7-8-9 (Very)	<input type="checkbox"/>	<input type="checkbox"/>
5. How much effort do you expend to maintain your health? (Very little) 1-2-3-4-(5)-6-7-8-9 (A lot)	<input type="checkbox"/>	<input type="checkbox"/>
6. Generally, do you make an effort to eat nutritious foods? (No) 1-2-3-4-(5)-6-7-8-9 (Yes)	<input type="checkbox"/>	<input type="checkbox"/>
7. Is alcohol consumption by you a problem in your relationship? (Not at all) 1-2-3-4-(5)-6-7-8-9 (Very much)	<input type="checkbox"/>	<input type="checkbox"/>
8. If you are home in bed with the flu, how much help and attention do you want from (your partner)? (None) 1-2-3-4-(5)-6-7-8-9 (Massive amounts)	<input type="checkbox"/>	<input type="checkbox"/>

FIG.3

Score Sheet

Step 1: Fill in the numbers from the appropriate boxes on the questionnaires.

Step 2: The difference between the two numbers is your Empathy Index!

1. How comfortable are you with your physical appearance? A ___ D ___ = E/I ___
(Very Uncomfortable) 1-2-3-4-(5)-6-7-8-9 (Very Comfortable) B ___ C ___ = E/I ___
2. Do you (or would you) feel awkward or uncomfortable if (your partner) watches you bathe or get dressed? A ___ D ___ = E/I ___
(I do not like it) 1-2-3-4-(5)-6-7-8-9 (Absolutely okay) B ___ C ___ = E/I ___
3. How physically fit do you consider yourself? A ___ D ___ = E/I ___
(Not fit at all) 1-2-3-4-(5)-6-7-8-9 (Very fit) B ___ C ___ = E/I ___
4. How willing are you to change your behavior to improve your health? A ___ D ___ = E/I ___
(Not very) 1-2-3-4-(5)-6-7-8-9 (Very) B ___ C ___ = E/I ___
5. How much effort do you expend to maintain your health? A ___ D ___ = E/I ___
(Very little) 1-2-3-4-(5)-6-7-8-9 (A lot) B ___ C ___ = E/I ___
6. Generally, do you make an effort to eat nutritious foods? A ___ D ___ = E/I ___
(No) 1-2-3-4-(5)-6-7-8-9 (Yes) B ___ C ___ = E/I ___
7. Is alcohol consumption by you a problem in your relationship? A ___ D ___ = E/I ___
(Not at all) 1-2-3-4-(5)-6-7-8-9 (Very much) B ___ C ___ = E/I ___
8. If you are home in bed with the flu, how much help and attention do you want from (your partner)? A ___ D ___ = E/I ___
(None) 1-2-3-4-(5)-6-7-8-9 (Massive amounts) B ___ C ___ = E/I ___

FIG.4

